

# AULAS DE GRUPO

## SEGUNDA

10:00 - Combat 30´  
10:40 - Pump 30´  
16:30 - WOD 15´  
17:30 - Abdominal 15´  
18:15 - Dance 45´  
19:10 - Pilates 45´  
20:00 - WOD 15´

## QUARTA

09:30 - Gap 30´  
10:10 - Pilates 45´  
16:30 - Abdominal  
18:00 - Pilates 45´  
19:00 - Spinning 45´  
20:10 - Abdominal 15´

## SEXTA

09:30 - Pump 30´  
10:15 - Pump 30´  
18:30 - Yoga 45´  
19:30 - Funcional 30´  
20:30 - Abdominal 15´

## TERÇA

09:30 - Spinning 30´  
10:30 - Abdominal 15´  
17:00 - WOD 15´  
18:15- Spinning 45´  
19:00 - GAP 30´  
19:45 - Crosstraining 45´

## QUINTA

10:00 - Crosstraining 45´  
16:30 - WOD 15´  
18:15- Pump 45´  
19:00 - Zumba 45´  
20:00 - WOD 15´

## SÁBADO

09:30 - Ritmos 45´  
09:30 - Crosstraining 45´

## DOMINGO